

Nar Phu Valley Trekking

Url: <https://www.glorioushimalaya.com/trip/nar-phu-trekking/>

Duration

20

Max. Altitude

5,416m

Difficulty

Hard

Group Size

2+ Pax

Per Person Cost

USD 1900

Transport

Flights / Car / Bus / Jeep

Meals

Breakfast / Lunch / Dinner

Accommodation

Hotel And Tea House

Starts At

Kathmandu

Ends At

Kathmandu

Highlights

- Adventurous trek towards the beautiful Narphu Valley.
- Observe the Tibetan culture and lifestyle of the area.
- Amazing landscape views.
- Explore Annapurna's most remote and untouched region.
- Sightseeing around the Kathmandu Valley including UNESCO world historical heritage sites.

Overview

Nar Phu Valley Trekking takes you to one of Nepal's remote and beautiful untouched regions in Annapurna. Nar Phu is situated in the northeast valley near Chame, Annapurna. Nar and Phu is a different village in the valley. Those both villages are called Nar Phu at once and it is a day walking distance each other. **Nar Phu Valley Trekking** is open for tourists since 2003 and it needs a special permit because it is also listed in the restricted area by the Government of Nepal. Nar Phu is ethnically Tibetan inhabitants with the high Himalayas.

Nar is bigger than Phu village. Historically, Nar Phu is captured by Khampas (Tibetan refugee) and settled their inhabitants illegally and stabled later on. It is a non-touristic region yet because fewer tourists used to visit. The valley is naturally beautiful but due to its remoteness and sort of media promote it is still a virgin destination. There are more than one hundred houses within Nar and Phu. It is not just that two villages in the valley; you can see Jhunum, Chhyakhu Meta, and Kyang along the trail of Nar Phu trekking which shows ancient of the refugees was there at once. It offers a magnificent snow-capped mountains view, narrow gorges, nature beauty forest, an incredible , glacier, high pass of Kang la 5,200m.

People from the Nar Phu valley celebrate many festivals such as Lhosar, Derchi, Yakchha and many more locally. Of course, they are Buddhist and follow their own culture. The dead body of the people was buried or burned or fed to the vulture. It depends according to their date of birth and death after lama saw his luck of the way that how to end dead bodies. It is an expensive one to feed vulture because someone should cut the body and wait until the vulture does not come.

Check out our fixed itinerary for **Nar Phu valley Trekking** or just send us an [email](#) and we'll tailor-make an itinerary based on your requirements.

Itinerary

Day 01: Arrival in Kathmandu - (1400m)- Transfer to Hotel

Upon your arrival at Kathmandu Airport, you will be greeted by our airport representative and transferred to your respective hotel. After some refreshments, you will meet your trekking guide for a brief orientation about the upcoming trip. You can either take a rest or stroll down the street of Thamel. In the evening you are invited to a welcome dinner organized by our company with Nepali cuisine and cultural dance. Overnight your hotel in Kathmandu.

Day 02: Kathmandu Sightseeing and Trip Preparation

Today we will explore the cultural heritage sites in the Kathmandu Valley. After breakfast, you will be received by our tour guide with a private tourist vehicle. Our tour today includes Syambhunath Stupa (Monkey Temple), Kathmandu Durbar Square, Boudhanath Stupa, and Pashupatinath Temple where e will enjoy the ancient and artistic palace, culture, paintings, arts, and history of Nepal. After the successful tour, we can do the shopping for necessary trekking gears in Thamel. Overnight at the same hotel in Kathmandu.

Day 03: Drive to Syange/Jagat (1100m)- 8 hrs drive

After having our early meal, we leave Kathmandu and drive to Beshisahar. We take a local bus from the bus park and drive to Besisahar along the Prithvi Highway. We then take a local jeep from Beshisahar to Syange, driving along the bumpy road. En route, we can enjoy impressive landscapes, rushing rivers, gorgeous waterfalls, terraced farmlands, lifestyle, and activities of the local people. From Syange, we

begin our trek heading to Jagat. We spend the night at a local Guesthouse.

Day 04: Trek to Dharapani (1690m)- 7 hrs walk

After early breakfast, we set-off for Chyamje. We traverse through the forest, passing several terrains, cliffs rice, barley, potato fields, and small settlements. After crossing the river, the trail inclines upwards for Dharapani. Rambling some streams and rocky terrain, we finally reach Dharapani where we end our today's trek. We stay overnight at a local Guest House.

Day 05: Trek to Koto (2610m)- 6 hrs walk

Today, the trek can be a bit challenging, as we are passing over and up to two hills. Yet, we shall have an ample opportunity to view Lamjung Himal, Himalchuli, Annapurna II, and Manaslu. We shall take several rests along our way, visit the Apple vineyard and taste some local apples. We walk towards Bagarchhap through pine and fir forest.

After Danaque, we head uphill for Timang and then continue our trek to Latamarang through pine forest before finally reaching Koto. Overnight at Koto in a local Guesthouse.

Day 06: Trek to Meta- (3560m) - 7 hrs walk

Today we are trekking in a quiet and immaculate atmosphere. We should pack some lunch because we will not find any lodges, teahouses, or houses along the way. We need to register at the local police checkpoint for a restricted area permit before we begin our journey. Getting through verdant Rhododendron and pine forests, we reach Dharmasal and have our packed lunch there. We continue our trek climbing some slopes, passing waterside, backwoods, and reach Meta eventually. From Meta, we shall have great views of Annapurna II and Lamjung Himal. We spend our night at a local Guesthouse in Meta.

Day 07: Trek to Phu Village (4250m) - 7 hrs walk

It is a gradual uphill today, not too tedious. Following the Phu river, we go through an almost desert valley, enjoying great views of Amotsang Himal, Pokharkan, and Kangaroo Mountain. As we are in the Hidden Valley, we can explore the natural diversity, religious practices, and culture of the local people. Nearly 200 years ago, migrants from Tibet settled in Phu Gaon. Still, the locals here depend upon agriculture, animal breeding, and seasonal migration for their survival. We stay here in a local lodge with a very basic facility.

Day 08: Rest day for acclimatization

As we are gaining higher altitude, we schedule this day as acclimatization day. Today we have ample opportunities to explore the culture, religion, tradition, and lifestyle of ethnic communities such as Lama, Ghale, and Gurung. We can visit the old Buddhist Monastery, Tashi Lakhang - listed out as 108 world's

great Buddhist Monasteries. The monastery is thought to be the last monastery built by Karmapa Rinpoche. Apart from the cultural insights, the valley also offers us a magnificent view of Himlung Himal and other snow-capped peaks. Overnight in the same lodge.

Day 09: Trek to Nar Village (4110m) - 7 hrs walk

After breakfast in the early morning, we bid bye to Phu Village and head for Nar Village. Once again, we take a packed lunch, as there will be no restaurants or lodges on the way. The trail descends passing several streams and suspension bridges to Mahendra Pool. The early king of Nepal once visited the place and financed the bridge we will see crossing the Naar River. We will have our lunch in Mahendra Pool. Marching further, we take perpendicular descent all the way to Nar where we stay in a local lodge for the night.

Day 10: Another acclimatization day

Once again, we take the schedule as acclimatization day in our itinerary. One of the reasons for the acclimatization is to be prepared before a more challenging day ahead the next day. We have idle time to relax and enjoy the glorious views of the mountains. We shall explore the magnificent Nar hamlet which will take around 2-3 hours hike from the village. We can capture the majestic views of Kangaroo, Pokharkan, Amodsang Himal, and Pisang Peak from this place. Overnight in the same lodge at Nar Village.

Day 11: Trek to Ngawal (3600m) via the Kangla Pass (5322m) - 8 hrs walk

Today is a challenging and a longer trekking-day ahead. To be able to reach our destination in the day-time, we need to leave Ngawal by 4 am early morning. The initial part of the trail follows a gradual incline for 2 hours then a steep uphill on a rocky track. You will realize that all the efforts were worth it, once you reach the top. The mountain paradise will awestruck you with 360 panoramic views of the mountains. We further continue our trek descending down a very steep trail to Ngawal, where we spend our night at a local teahouse.

Day 12: Trek to Manang (3540m)- 4 hrs walk

Today is an easy day ahead with some scenic appearance of Tilicho, Pisang Peak, Annapurna II, and Annapurna III. Descending down, we head towards the flat valley, passing Braga village, farming terrace, and forest along the riverbanks of Marsyangdi. After we reach Munji, we join the main trail of Annapurna Circuit. Following the wide and pleasing trail, we reach Manang- where most of the trekkers halt for acclimatization.

Manang is also one of the largest villages in the Manang district. There is a also medical center, which specializes in AMS (Acute Mountain Sickness). Close to Manang, we can overlook Gangapurna Lake and Glacier resting beneath Mt. Gangapurna. Overnight at a local guesthouse in the Manang.

Day 13: Trek to Yak Kharka (4110m) - 4 hrs walk

From Manang village, we cross a stream and climb towards the village of Tenki situated above Manang. The trail then continues to turn northwest out of the Marsyangdi Valley, up the valley of Jarsang Khola. As we steadily gain elevation, we pass a few pastures and a scrub of juniper trees. Just below the trailhead, we pass near the village of Ghunsa- a village with flat mud roofs.

Marching forward, we go through pastures where yaks and horses graze. After crossing a suspension bridge over a small river, we pass an ancient old Mani wall and then reach another small village of Yak Kharka. Overnight at a Guesthouse in Yak Kharka.

Day 14: Trek to Thorong Phedi (4600m)- 4 hrs trek

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Day 15: Trek to Muktinath via Thorong La Pass (5416m) - 8 hrs walk.

Today is going to be the hardest part of our trek as we have to pass the highest altitude of our entire journey. As it is a long trekking day, we prepare early in the morning and start our climb before sunrise. With the help of flashlights, we start a steep climb towards the High Camp along with other trekkers. Horse services are also available for trekkers up to the Pass at an extra cost. As we climb uphill, we can witness a beautiful sunrise over the snow-capped peaks. Further, the trail continues steep uphill until we reach the Thorong La pass, the heavenly site situated at 5416 meters above the sea. From here, we can see Annapurna Himalayas, and amazing Yakwakang and Thorung Peak.

After some refreshments and capturing the moments on our camera, we cross the pass and descend around 1000m all the way to Muktinath. In the case the trail is covered with snow, the trail will be slippery so we will need crampons to climb down safely.

Muktinath is a famous pilgrimage site for both Hindus and Buddhists, having temples, monasteries, and the essence Muktinath Temple, surrounded by 108 water faucets.

Moreover, it is one of the most visited places in Nepal by both external and domestic tourists. Overnight at a local guesthouse in Muktinath.

Day 16: Trek to Jomsom (2700m) - 5 hrs walk

After breakfast, we head towards our next destination Jomsom. We get along the Kaligandaki River and follow Jharkot, Khingar, and Kagbeni. Reaching Ekle Bhatti on the riverside of Kali Gandaki River, we stop for our lunch. Marching further 2 hours from here, we reach a small town, Jomsom. Jomsom is a windy place and experiences a strong wind afternoon.

In fact, there is also a popular Nepali song paying tribute to the region. Besides, the place is also famous for Apple and various products made from the fruit, including the apple brandy. Our long, adventurous, wonderful, and memorable trek is finished now.

In the evening, we exchange happiness and good wishes, forgetting the struggles of our journey.

Overnight at a local guesthouse in Jomsom.

Day 17: Flight to Pokhara (850m)- 30 minutes

Before the daily winds up through the Valley in the noontime and make flying hazardous, we wake an early flight from Jomsom to Pokhara on a small plane. Flying through Kali Gandaki Gorge- the deepest gorge in the world, we shall land in Pokhara in less than 30 minutes.

In case the flight is canceled, we also have a second option to take a scenic overland journey by road (8 hrs drive). The overland journey which follows the Kali Gandaki River most of the way. Throughout the day in Pokhara, you can enjoy sightseeing of Phewa lake, Davis fall, and World Peace Stupa, and more. Overnight at a hotel in Pokhara.

Day 18: Drive back to Kathmandu - 7 hrs drive

Early morning, we opt for the drive to Kathmandu. Kathmandu may not seem far from Pokhara (126 miles / 204 km apart), but the terrain and road quality make it a very long drive.

En route, we pass Damauli, Dumre, Mugling, and Kurintar where Nepal's first cable car is operated (To Manakamana). Every year, many people come to Manakamana Temple to grant their wishes before getting married or leaving home. We climb up from Naubise and enter Kathmandu via Thankot before finally reaching our hotel. In the evening we will celebrate dinner together organized by our company for the successful completion of the trip. Overnight at a hotel in Kathmandu.

Day 19: Leisure day in Kathmandu

Today is our free day. You can either leisure at your hotel or explore the Kathmandu city as per your preference. You can also use this day for shopping souvenirs for beloved ones. Overnight at the same hotel in Kathmandu.

Day 20: Departure Day

It is your last day in Nepal and finally a time to bid goodbye to the wonderful Himalayan nation. After breakfast, our vehicle and escorts will be on standby to drop to the Tribhuvan International Airport three hours before your actual flight. At Glorious Himalaya, it was a great honor serving you and the time spent together. We pray for your safe journey and hope to see you again someday!

Trip Includes

- All the airport and hotel transfers by private vehicles.
- 4 nights of twin sharing basis hotel accommodations in Kathmandu city inclusive breakfast.

- 1 night of twin sharing basis hotel accommodation in Pokhara city inclusive breakfast.
- 14 nights of twin sharing basis local teahouses accommodations during the trek.
- 1 day Kathmandu sightseeing around 4 world heritage sites including city tour guide and private transport.
- Full board meals during the trek. (breakfast, lunch, dinner)
- All the essential long and short-range ground transfers by local bus and jeep as per the itinerary.
- An experienced trekking guide for the trek.
- Supporting porters to carry your belongings during the trek. (1 porter for 2 guests)
- Foods, Salary, accommodation and accidental/medical insurance of all our trekking staffs.
- Domestic flight from Jomsom to Pokhara including airport tax.
- Rain protection duffel bags and sleeping bags for each person for the trek.
- All the necessary trekking permits for the trek.
- First aid medicine for the trek.
- All the government taxes and company service charge
- Trip achievement certificate after successful trip completion.
- Nepali food farewell dinner with cultural program.

Trip Exclude

- Nepal entry visa and international airfares.
- Entrance fees for Kathmandu sightseeing.
- Your travel insurance
- Lunch and dinner in Kathmandu and Pokhara hotel.
- Tips to the trekking crews.
- Alcoholic beverages, mineral water, drinks, hot shower, use of WIFI during the trek.
- Any other extra cost which are not mentioned in our includes.

Checklist

What you should bring depends largely upon where, when and how you are trekking. The main stress while trekking is on keeping warm and dry while still being lightweight. At altitudes above 3,000 meter, you will need warm clothing at all times, while at lower altitudes, you will need to keep warm only in the evenings.

And for lower altitudes, fleece jackets are adequate, while at higher altitudes down jackets are advisable.

Waterproof, windproof jackets and pants, well broken in footwear, head cover is also recommended. Good hiking shoes, a pair of sandals, sleeping bags, down jacket, sunglasses, warm woolen hiking socks, lightweight warm gloves, drinking water bottle, water purification tablets (which is highly recommended) a Swiss army knife, torchlight, sun block cream, toiletries, one quick drying towel, first aid kit and a very good route map are other things that come very handy. You also need a camera to take home memories of the trip. Please find the details trekking gear checklist below.

Trekking Gear Checklist

Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

Hands

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

Lower Body

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

Feet

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, "broken in")
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

Sleeping

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

Rucksack and Travel Bags

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

Medical

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

Practical Items

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

Toiletries

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

Personal Hygiene

- Wet wipes (baby wipes)
- Tissue/toilet roll
- Anti-bacterial hand wash

Extras/Luxuries

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swimsuit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)

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